



Braishfield Bugle



Friday 13th February 2026

Be kind, be brave, be ready to learn, and be your best.

Together, we grow a love of learning and a community where everyone belongs and achieves.

Dear Families,

Wow! What a week. It has been a wonderful final week of the half term but there was no sign of children or adults easing themselves into the upcoming break! You will see from this week's wonderful comments and photographs that the children have enjoyed some truly memorable experiences, made possible by the hard work and dedication of our fantastic staff at Braishfield.

Thank you to those of you who were able to attend the dance performances yesterday; we are sorry that we ran out of seats! I hear the children were absolutely wonderful and I am very much looking forward to watching the performances myself.

Our children have also done us proud while off site this week. Our youngest and oldest pupils enjoyed exciting visits to the Gurdwara as part of their learning and to The Romsey School for their production performance. They were superb role models for our school and the staff accompanying them were incredibly proud. The children were delighted to see so many former Braishfield pupils taking on lead roles again this year—and they certainly did not disappoint! Our KS2 Disney production extravaganza clearly prepare them well for the stage.



Today has been a wonderful way to end the half term, with another inspiring Values Day with a focus on Be Brave. The opportunities arranged for the children were thoughtful and engaging, and my sincere thanks go to the staff who make these experiences possible. As I shared with the children, I have been off site for the past two days undertaking my own professional learning and have returned with lots of exciting ideas to share next half term. I am very much looking forward to catching up on all the activities I have missed too.

Finally, thank you to those of you who were able to attend our Parent Forum on Monday. It was wonderful to share developments with you directly and to gain your feedback and support. Please find the minutes from the meeting attached, and I hope to see many more of you at our next forum meeting next term.

Wishing you all a happy and restful break.

Natalie Alldred – Headteacher

headteacher@braishfield.hants.sch.uk

Celebration Assembly – 9am on Friday morning

Our wonderful children who have been awarded certificates this week.

Headteacher's Certificate			
Little Acorns	Big Acorns	Saplings	Oaks

Upcoming events ...

- **Monday 16th February - Friday 20th February 2026 - Half term**
- Monday 23rd February – INSET DAY 4
- Tuesday 24th February - Oaks - RE day with Southampton City Mission
- Thursday 26th February – Parents’ Evening 1 (booking available)
- Week beginning 2nd March - Braishfield Book Week – details after half term
- Tuesday 3rd March – Year 6 Parliament Trip
- Tuesday 3rd March – Parents’ Evening 2 (booking available)
- Thursday 5th March - Big Acorns - RE day with Southampton City Mission
- Friday 6th March - Braishfield Book Day - Dress for a bedtime story
- <https://www.braishfield.hants.sch.uk/special/calendar/>

What we have been learning this week...

Little Acorns

Little Acorns have had a busy week! In Maths, the children have been learning about length, height and time. To tie in with Internet Safety Day, they continued learning about how to stay safe when using smart speakers. In PSED, we have been exploring perseverance by practising some circus skills. We’ve also been learning about special places in the context of Sikhi traditions. The children first shared pictures of their own special places, drew them, and explained why they were meaningful. They then discussed what the word ‘*special*’ means and why some places are considered special. The children visited Singh Sabha Gurdwara to learn more about this important place for Sikhs, and finally evaluated their learning by discussing whether it is important to have a special place. The week ended with a fabulous Be Brave Day — and now we’re all ready for a well-earned half-term rest!

To find out more about the learning in Little Acorns, please

visit: <https://www.braishfield.hants.sch.uk/little-acorns-1/>

Mrs Wortham and Miss Jones



Big Acorns

This week, the children finished their writing unit around the book 'Katie in London'. They all did a fantastic job writing descriptive sentences as well as using conjunctions. In maths, the year 1s learnt how to count in 5s and started to learn about making equal groups. In year 2, the children explored making arrays and wrote the repeated addition sentences and multiplication statements for these. In PSHE, we talked about belonging and what that means to us. This also linked to our Mental Health week activities that we did throughout the week. Tuesday was Internet Safety Day so we talked about how we keep ourselves safe online and who to go to if we feel worried about something we see online. In PE, the children did a great job performing their dance routines that they have been learning this half term. They all worked very hard and were super brave performing in front of such a big audience. Finally, Friday was our Braishfield Be Brave Day. The children had the opportunity to meet a Paralympian who talked about his journey and his sport 'Boccia'. They also took part in a music session where they had the chance to try some instruments and create a rock band which they named 'Purple Beasts'. We were all very impressed with their musical talents! The children also had the opportunity to join their houses for an art activity around being brave.

To find out more about the learning in Big Acorns, please

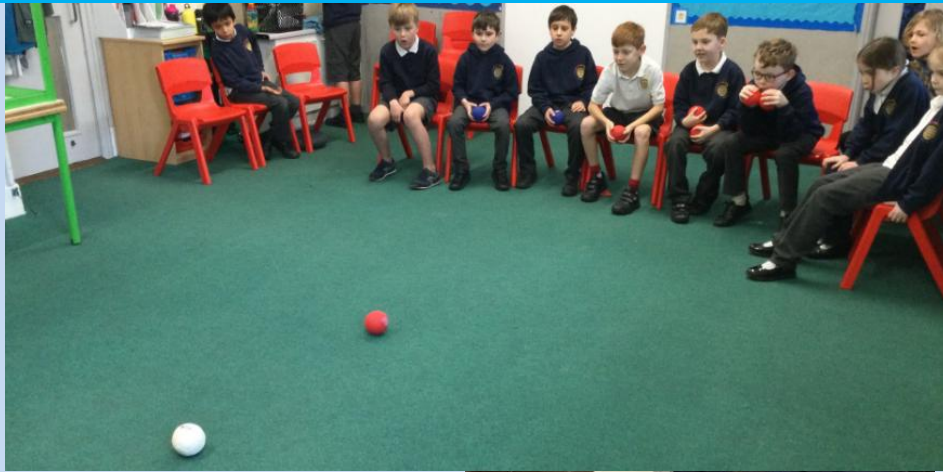
visit: <https://www.braishfield.hants.sch.uk/big-acorns-1/>

Mrs Morant



Saplings

This week in Sapling has been exceptionally busy and productive. We have written our own fact files inspired by the book *The Streets Beneath Our Feet*, demonstrating our understanding of its style and structure. In mathematics, we have been learning about fractions and equivalent fractions, applying our knowledge to solve a range of problems. On Tuesday, we enjoyed a Healthy Eating Design and Technology Day, during which we prepared a healthy pasta dish and explored a variety of salads, developing our cutting skills and tasting new ingredients. Yesterday, we practised our dance routine, *Superheroes*, and proudly performed it for our parents. Today, we have taken part in a 'Be Brave' day. We were fortunate to meet a Paralympian and participate in engaging workshops led by Rock Steady. It has certainly been a week filled with enthusiasm, learning, and achievement. To find out more about the learning in Saplings, please visit: <https://www.braishfield.hants.sch.uk/saplings-1/>
Mrs Doherty



Oaks

This week, Oaks Class visited Romsey School to watch a fantastic performance of *We Will Rock You*. The children thoroughly enjoyed the show and were particularly inspired to see some of our former pupils performing on stage. Their behaviour throughout the visit was excellent, and the children represented our school superbly.

In RE, we have been exploring the concept of ritual through our learning about wudu and Eid-ul-Fitr. The children developed their understanding of this concept, and expressed their ideas through posters and creative artwork.

Oaks have done an amazing job with their *Detective Dance* performance yesterday. We were incredibly proud of the children and how well they worked together to create such a fantastic performance. Their teamwork, effort, and enthusiasm really shone through, and they should all be very proud of themselves.

This links perfectly with our learning today as we have celebrated and explored our second school value: "Be Brave." The children have applied themselves brilliantly and showed bravery in so many different ways throughout the day.

We were particularly inspired by David Smith, a Paralympian, and how he showed courage throughout his life to overcome challenges and achieve great things.

We also really enjoyed our music session, where the children were brave and confident when trying new things. It has been a wonderful day full of positivity, effort, and courage!

To find out more about the learning in Oaks, please visit:

<https://www.braishfield.hants.sch.uk/oaks-1/>

Miss Jones and Mrs Niles



Why Attendance Matters!

It is the legal duty of parents to ensure that their child receives full time education. Good attendance is vital to a child's progress and achievement. Common sense tells us that absence and lateness disrupt the continuity of learning and therefore affect progress and, ultimately, success. As a result of the direct correlation between attendance and achievement, it is vital that children achieve full attendance.

It is also important to note that short periods of regular absence can be just as damaging to learning as long term absence.

EVERY SCHOOL DAY COUNTS

BEING LATE ADDS UP TO A LOSS OF LEARNING

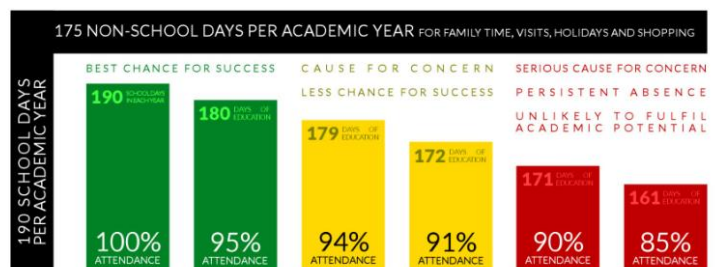
If you are 5 minutes late every day that adds up to 3 days lost each year.
15 minutes late is the same as being absent for 2 weeks per year.



*FIGURE ROUNDED TO NEAREST HALF DAY

GOOD ATTENDANCE MEANS

BEING IN SCHOOL AT LEAST 95% OF THE TIME (BETWEEN 180 & 190 DAYS)



☀️ Congratulations to **Year 6** who this week have achieved the best attendance in the school with **100%**. Well done for showing such great commitment to learning!

Year 6 – 100%
Year 2 – 98.8%
Year 1 – 97.1%
Year 5 – 96.9%
Year 4 – 93.8%
Year 3 – 90%
Year R – 88%
Overall this week–94.9%
Overall this year-95.8%
Our target is 96.5%

BSA News

Break the Rules Day - Friday 27th March

Probably the highlight of the children's year - Break the Rules Day is back! Full details will follow, but save the date - Friday 27th March!

Summer Fayre - Saturday 4th July

Whilst summer still feels like a long way off, please keep the date free!

How can you help?

Stalls - can you volunteer to run a stall? Do you have a good idea for a stall that you could organise?

Behind the scenes - can you organise a trip to the wholesaler for supplies? Are you good at marketing and advertising events? Can you organise resources into crates to make the day easier? Can you co-ordinate sourcing raffle prizes?

Sponsors - do you own/work for a company that would like to sponsor the Fayre? Could you help with the costs of running the Fayre or donate a raffle prize? The BSA will display your company logo on your sponsored stall and share on our social media.

If you think you can help in anyway, please send us an email:

braishfieldschoolassociation@gmail.com

Facebook

For updates on events and how you can help, don't forget to follow us on Facebook!


Facebook.com/braishfieldschoolassociation


FuzzyVision - A place for boys to get started with dance and explore creativity.


FuzzyVision is ideal for boys new to dance or with little experience. Fun, creative, and accessible sessions which aim to build the foundations of physical and creative expression. In FuzzyVision, dancers will be guided and supported on a journey of exploring new territory and exciting possibilities.


FuzzyVision is run by ZoieLogic Dance Theatre - a Southampton based dance theatre organisation that has been getting guys dancing for over 25 years! We are the go-to specialists when it comes to boys' dance, and are proud to say we are the stepping stone for boys looking at a career in dance or the arts.


Key Details:

 Dates: Wednesday (term time only)

 Location: Mayflower Studios, 142-144 Above Bar St, Southampton, SO14 7DU

 Time: 5:15pm - 6:15pm


 Fee: £55 per term*

 Age Guide: 7-12 years**

**If cost is a barrier for you, please contact Ollie at ollie@zoielogic.co.uk. Where we can, we will always find a way to make our classes accessible to everyone.*

***Age guides are just that - a guide. We welcome younger participants, and turning 13 won't mean being "kicked out". Groups are often based on ability, so if a young person is ready, they may be fast-tracked into our performance group, FuzzyLogic (typical age guide is 13-18).*

We offer a FREE taster session to any boys who would like to give it a go!

FuzzyVision FREE taster session  [Book here!](#)

[Find out more about our youth companies!](#)

Homework

Big Acorns

Year 1 Continue to read as much as possible over half term.

Year 2 Continue to read as much as possible over half term.

Saplings

Year 3 Maths – Times tables practice and reading.

Year 4 Maths - Times tables practice and reading.

Oaks

Set: 6th Feb Due: 27th Feb

As next Friday will be our 'Braishfield Be Brave Day' we will be unable to mark homework. Therefore, we have set 2 weeks' worth and will mark these with the children after half term.

Year 5 Maths pg. 28,29,30,31, Spellings pg. 19 & 20

Year 6 Arithmetic pg. 19,21,23 Reasoning pg. 36,37,39 Spelling pg. 16,17,18 Grammar pg. 18,19,20

In the lead up to the Y6s SATS in May, we have slightly increased the amount of homework to ensure we have covered topics prior to the assessments. We have explained this to the children and also informed them that after this time we will reduce their amount to make it fair. We'd like to remind you that we do run a **Homework Club on a Tuesday lunchtime** if anyone does need additional help. Thank you for your continued support.

Extra Support and Guidance

New Strategy Based Films for parents/carers and Professionals New for 2026

What is Emotionally
Based School
Avoidance



Risk factors for
Emotionally Based
School Avoidance



Tips for Emotionally
Based School
Avoidance



Thriving with
ADHD in school



ADHD
and sleep



Reframing
ADHD



Girls and ADHD



ADHD – order out of
chaos



Growing older and
changing ADHD
symptoms



The importance of
sleep



Tips to support
sleep optimisation



To watch the
videos, scan these
QR codes

INSET days

The remaining INSET Days for the 2025/26 academic year are as follows:

- Monday 23rd February 2026
- Friday 26th June 2026

Safeguarding and Wellbeing:

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRNACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Peristone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

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